



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Maryland

All statistics are based on parental reports.

National %	State %	
14.8	13.3	Percent of children who are overweight
21.9	18.5	Age 10-11
14.4	10.9	Age 12-14
10.7	12.7	Age 15-17
22.4	17.9	0-99% Federal poverty level
19.0	21.0	100-199% Federal poverty level
13.7	13.0	200-399% Federal poverty level
9.1	7.9	400% Federal poverty level or more
18.1	18.3	Male
11.5	7.9	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	61.7	
78.2	71.6	Age 10-11
74.2	63.8	Age 12-14
63.3	53.2	Age 15-17
76.8	70.5	Male
65.6	52.6	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	60.8	
61.5	68.6	Age 10-11
61.6	64.6	Age 12-14
53.4	51.8	Age 15-17
62.1	64.2	Male
55.0	57.1	Female
72.9	75.6	Percent of children with at least one parent who exercises regularly